Central Maine Community College

Associate of Applied Science in Occupational Health & Safety

STUDENT DATA:
NAME: ROADMAP'S DEGREE **SSN:** 000-00-0000

	Credit Required	Potential Credit

College Writing (ENG 101) **3.00**

The course provides students with instruction and practice in writing clear arguments and expository prose. Emphasis is on the writing process, revising and editing. Students are expected to use the library to research a contemporary issue and use either the MLAor APAcitation style to document sources. This course is taught using a computer network.

{DANTES Code = 11.07.00}

College Algebra (MAT 122) **3.00**

This course will begin with a review of basic algebraic operations including solving equations and formulas. Functions and the graphing of functions are included. Trigonometry is limited to the basic trigonometric functions, the Pythagorean Theorem, and the solutions to right triangle problems. The course will include solving systems of linear equations, factoring and rational expressions, solving rational equations, and solving of quadratic equations. Exponents and radicals, exponential and logarithmic functions and basic statistics will also be covered.

{DANTES Code = 14.01.00}

Humanities Elective **3.00**

{DANTES Code = 08.06.00 or most 08.XX.XX series}

Social Science Elective **3.00**

{DANTES Code see 20.XX.XX series}
{DANTES Code = most 20.09.XX or 20.10.XX series }

Introduction to Chemistry (CHY 101) **3.00**

It is structured to familiarize the student with principles of Inorganic Chemistry and a survey of Organic Chemistry. The student will become familiar with standard chemical procedures and the terminology of Chemistry. The student will also be able to predict chemical reactions under a variety of situations. Prerequisite: High School Algebra I, or MAT 050, or Faculty approval

{DANTES Code = 16.05.00}

Introduction to Chemistry - Lab (CHY 102) **1.00**

This course is intended to satisfy the need for a one semester course in Introductory Chemistry.

Technical Physics (PHY 121) **3.00**

This course will cover physical measurements, motion, vectors, concurrent forces, work and energy, rotational motion, gears and pulleys and non-concurrent forces. Corequisite: PHY 122 Lab; Prerequisite: MAT 105 or MAT 122 with a grade of C or better.

Technical Writing (ENG 201) **3.00**

Technical Writing familiarizes the student with common writing styles and formats used in business and industry. Students will practice organizing and presenting technical information for a variety of readers. Topics include style and readability of technical prose, organizing technical information, using graphics, writing effective letters and memos, writing reports, preparing employment correspondence, and presenting technical information orally.

{DANTES Code = 04.06.02}

Computer Elective **3.00**

Select from one of the following:

Intro to Computer Applications (BCA 120)
Navigating the Net (BCA 125)

(Visit the CMCC website for a description of the course.)

Basic Principles of Occupational Health (OHS 101) **3.00**

This survey course introduces students to basic principles of occupational health including the identification of common workplace health hazards, the effects of those hazards on the human body, methods of controlling exposures to health hazards and abatement procedures.

Basic Principes of Occupational Safety (OHS 106) **3.00**

This survey course will introduce the student to basic principles of occupational safety including identification of safety hazards, risk reduction measures, personal protection and safety attitudes and training. The course is based upon the standards for safety adopted by the Occupational Safety and Health Administration.

Legal Rights & Responsibilities (OHS 126) **3.00**

This course will introduce the student to the laws and regulations which set out the rights and responsibilities of employers and employees for occupational health and safety. Legislative and legal processes will also be covered.

Practicum I in Occupational Health & Safety (OHS 200) **3.00**

This course is designed to provide the student with field experience in an actual workplace under the supervision of a practicing occupational health and safety professional. Sites for this practical experience in the

manufacturing, construction, insurance industries, consulting or and governmental agencies must be arranged prior to course registration. Special note: Students choosing Practicums in Health Care Settings may have to meet the Immunization Requirements for Allied Health Students. Prerequisites: OHS 101, OHS 106, ENG 101, (Basic computer skills) and Faculty approval .

Worksite Evaluation (OHS 216) **3.00**

This course covers methods of inspecting and evaluating health and safety hazards at a worksite including analysis of specific job assignments. It also introduces the student to accident investigation techniques. The course will include hands-on worksite evaluation. Prerequisites: OHS 101 and 106, or Faculty approval .

Ergonomics (OHS 260) **3.00**

This course will deal with the issue that is most often associated with the lower back and upper body injuries that account for a large part of the lost-time work-related injuries in Maine. Ergonomics is the study of the relationship between the human body and the work that it does. Prerequisites:OHS 101 and MAT 050, or Faculty approval .

Safety & Health Program Management (OHS 250) **3.00**

This course is designed to introduce the student to approaches which can be used to develop, implement, evaluate and manage a health and safety program for a workplace. The course will stress team building and ownership as critical elements of a successful workplace health and safety program. A sample safety and health program will be drafted by each student. Prerequisites: OHS 116 and ENG 101 or Faculty approval

Emergency Planning & Response (OHS 221) **3.00**

This course will introduce the student to planning and response considerations for common workplace emergencies including fire, hazardous materials incidents, and causes for evacuation.

Introduction to Industrial Hygiene (OHS 265) **3.00**

These courses (to be taken concurrently) are designed to build upon the Basic Principles of Occupational Health presented in OHS 101 by giving the student the techniques for anticipating, evaluating, and abating the effects of workplace health hazards. Prerequisites: OHS 101, MAT 122, CHY 101 and 102

Introduction to Industrial Hygiene - Lab (OHS 266) **1.00**

These courses (to be taken concurrently) are designed to build upon the Basic Principles of Occupational Health presented in OHS 101 by giving the student the techniques for anticipating, evaluating, and abating the effects of workplace health hazards. Prerequisites: OHS 101, MAT 122, CHY 101 and 102

Construction Safety and Health Management (OHS 293) **3.00**

This course is designed to provide the student with the education and skills to develop, implement, and manage a comprehensive health and safety program in the construction industry. The student will understand the roles and responsibilities of a "competent person" prescribed by the Occupational

Safety and Health Administration (OSHA). This course will use the models developed by OSHA for construction.

Basic Principles of Safety Engineering (OHS 295) **3.00**

This course covers methods available to the health and safety professional to predict unsafe conditions and eliminate or reduce them at the design and construction stage and through the use of engineering controls.
Prerequisites:MAT 122 and OHS 106

Selected Elective **1.00**

(Choose from one of the following 1 sh courses. Visit the CMCC website for a description of the course.)

Technical Physics - Lab (PHY 122)
Asbestos Supervisor Certification (OHS 141)
Lead Supervisor Certification (OHS 142)
HAZWOPER Certification - (OHS -143)

Occupation Health & Safety Elective **3.00**

(Advisor Approved. Visit the CMCC website for a listing of courses and their description.)

Free Elective **3.00**

(Advisor approved.)

Excess / Duplicate Credit

TOTAL **66.00** **0.00**

Thank you for requesting support from the U.S. Coast Guard Institute (CGI). Whereas we serve as an activity in support of your unit Educational Services Officer (ESO), you are encouraged to seek assistance from your local ESO in your academic endeavors. The following information is provided to help you understand what is presented in this degree plan:

This document is an UNOFFICIAL Degree Plan to provide you with a preliminary assessment of how your prior learning experiences might fit into the specified degree program for this academic institution. If you choose to pursue this degree option, you must present it to a college representative, who will review it for the following:

o Accurate representation of the college's degree program requirements, including course numbers and titles, credit hours for each course, lower- and upper-level course requirements, and the total number of credits needed for the degree.

o Appropriate assignment of ACE Guide-recommended credit at the lower or upper level for military service schools and occupations, CLEP, DSST, and other tests, transfer credit for courses from other colleges and universities, certification programs, etc.

o Appropriate assignment of SOC Course Category Codes from the SOC Handbook Transferability Tables. The SOC Degree Program Handbooks can be obtained from the SOC web site at: www.soc.aascu.org should you wish to learn more about the course transfer guarantees among SOC network institutions.

IMPORTANT NOTE: When you are ready to seek admission into this degree program, please contact the USCG Institute at 1-405-954-7241. Your advisor will send the college or university an official U.S. Coast Guard Institute transcript, a copy of the degree plan, and a ready-for-signature SOC Student Agreement which, when signed by a college official, becomes a contract for degree completion committing the college or university to supporting you in your academic endeavors.

Credit for all courses you have taken must be reflected on official transcripts sent directly to this college from the administrative offices of the colleges you previously attended. This degree plan is often used for information purposes by college counselors pending receipt of the official transcripts from the source colleges.

This degree plan is not intended to compete with your local college or university. Keep in mind, you are allowed to transfer in a significant amount of the degree requirements to this institution. As such, credit from local colleges, college level examination programs, or advanced military training may be applied to this degree. You may also complete the courses necessary from this college either in residence (on campus or possibly on a military base at a campus extension in the Education Center) or through distance delivery of the courses. If you have questions, please contact the college counselor or your advisor listed at the bottom of this Degree Plan.

DEGREE PLAN LEGEND:

SH = Semester hours
VOC = Vocational, not relative to an academic degree
LL = Lower Level, i.e. courses at the Freshman/Sophomore level
UL = Upper Level, i.e. courses at the Junior/Senior level
GL = Graduate Level (sometimes recommended by ACE for very complex courses)
[#] such as [EN024A] or [EN024B] = SOC Course Category Codes*
{#} such as {DANTES Code = 01.02.03} = DANTES Academic Codes **

* SOC Course Category Codes: Service members Opportunity Colleges (SOC) is a consortium of over 1,600 accredited colleges and universities seeking to provide degree opportunities to the military. Over 170 of these institutions participate in network degree programs developed for the Army, Navy, Marine Corps, and Coast Guard. A SOC course category number beside a course from one of these institutions, such as [EN024A] or [EN024B] for English Composition, indicates that courses from other degree program institutions with the same code may be taken to satisfy the degree requirement. See the SOC Degree Programs Handbooks at http://www.soc.aascu.org/

** DANTES Academic Codes: The Defense Activity for Non-Traditional Education Support (DANTES) publishes the DANTES Independent Study Catalog (DISC) annually, which lists more than 6,000 courses from dozens of regionally accredited colleges and universities. Because this is a degree from a SOC affiliated college, the academic residency requirements are limited, thereby allowing students to transfer in a significant portion of the degree, as mentioned above. If the course you desire to take is not offered by this institution when you want to take it, consider the opportunities the courses in the DISC present. For more information, visit http://www.dantes.doded.mil/dantes_web/distancelearning/disc/front/cont.htm Keep

in mind, you should always check with the counselor or academic advisor at this institution before enrolling in a course listed in the DISC to ensure it will be accepted in transfer toward this degree.

Central Maine Community College was founded in 1963 as Androscoggin State Vocational Institute. The name changed to Central Maine Technical College in 1989 and on July 1, 2003 it became Central Maine Community College. Central Maine Community College is one of seven colleges in the Maine Community College System.

This degree program prepares individuals who will work independently or as part of a team to make the workplace safer and healthier by identifying potential job-related hazards and possible ways to address them through engineering solutions, administrative practices and the training and education of workers in safe and healthy work practices. This degree is accepted by the Council on the Certification of Health, Environmental, and Safety Technicians (CCHEST) and entitles graduates to sit for the OHST examination. The OHS program is accredited by the Applied Science Accreditation Commission (ASAC of the Accreditation Board for Engineering and Technology (ABET).

Tuition:
" Maine Residents: $68.00 per credit hour
" New England RSP Participants: $102.00 per credit hour
" Non-Resident: $149.00 per credit hour
" Active military pay in-state tuition. This does not apply to National Guard and Reserves who are out of state residents and not currently active duty.

For more information about this degree contact:

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Evaluation completed by: Charles Morrison On: 31 July 2007